

## CLAIMS

1. An accessory mount for a hand held firearm having a barrel and a mounting rail coupled beneath the barrel, the accessory mount comprising:

a frame, defining a substantially flattened bottom surface, and a track for mounting along the mounting rail,

the frame having a cavity for receiving a light, and a bipod mount coupled adjacent the track and behind the light cavity and arranged to hold a bipod having legs which can be folded substantially adjacent the barrel.

2. The accessory mount according to claim 1, wherein said cavity defines a flashlight casing integrally formed in said mount.

3. The accessory mount according to claim 1, wherein said cavity defines a recess for receiving a laser.

4. The accessory mount according to claim 1, further comprising at least one recess for receiving a laser.

5. The accessory mount according to claim 4, including two laser-receiving recesses.

6. The accessory mount according to claim 4, wherein said at least one recess includes a recess for a visible laser or a recess for an infrared laser.

7. The accessory mount according to claim 1, wherein said bottom surface of the frame defines a plurality of ribs, arranged for easy and secure gripping by fingers of a user.

8. The accessory mount according to claim 1, wherein said frame includes a cut-away portion whereby a handle is defined between the cut-away portion and the bottom surface.

5 9. The accessory mount according to claim 8, wherein said handle includes a battery holder.

10 10. The accessory mount according to claim 2, further comprising built-in PPT switches on each side of the mount for activating the flashlight.

11. The accessory mount according to claim 4, further comprising a four-way switch, for actuating a flashlight, a laser, a flashlight and a laser, or off.

15 12. The accessory mount according to claim 5, further comprising a laser selector switch for switching between a visible and an infrared laser.

13. The accessory mount according to claim 1, wherein said track is arranged for adjustable mounting along the mounting rail.

20 14. The accessory mount according to claim 4, further including a flashlight mounted in an integral flashlight cavity, an infrared laser mounted in a first laser holder, and a visible laser mounted in a second laser holder.

25 15. The accessory mount according to claim 1, wherein said legs are provided with an auto-lock mechanism for locking the legs in the unfolded orientation, and a quick release mechanism, such that a slight pull on the legs releases the auto-lock

16. A method for mounting accessories on a rifle having a barrel and a mounting rail coupled to the barrel, the method comprising:

preparing a frame, said frame defining a substantially flattened bottom surface and a track for mounting along the mounting rail;

5 creating a cavity in said frame for receiving a light; and

creating an integral bipod mount on said frame adjacent said track and behind said cavity, said bipod mount being arranged to hold a bipod having legs which can be folded substantially adjacent the barrel.

10 17. The method according to claim 16, further comprising cutting away a portion of said frame so as to define a handle with said bottom surface, whereby fingers of a user holding the rifle can grip the bottom surface and curl around the handle.

15 18. The method according to claim 16, wherein said step of creating a cavity includes creating a cavity defining an integral flashlight casing.

19. The method according to claim 16, further comprising creating at least one laser holding recess in said mount.

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20. The method according to claim 19, including creating a recess for holding a visible laser, and a recess for holding an infrared laser.

21. The method according to claim 19, wherein said steps of creating a  
25 cavity and creating a recess include providing built-in contacts in the cavity and recess coupled to a finger-operated switch in the mount.